

**AN INTRODUCTION TO PHYSICAL METHODS OF TREATMENT IN PSYCHIATRY.** By William Sargent, M.A., M.B.(Cantab.), F.R.C.P., and Eliot Slater, M.A., M.D.(Cantab.), F.R.C.P., with a chapter on Treatment of the Epilepsies by Denis Hill, M.B.(Lond.), F.R.C.P. Third Edition. (Pp. 351 + xiii; illustrated. 20s.) Edinburgh and London: E. and S. Livingstone, 1954.

SINCE first publication in 1944 "Sargent and Slater" has become a household word in psychiatry. The output of writings on physical methods of treatment during the last six years has been so enormous that the practising psychiatrist has been left bewildered. Hence the third edition of this book is particularly welcome. The authors have long experience of organic treatment of the major psychoses and neuroses. They have analysed and assessed the newer techniques; and have constantly subjected the results of the well-established treatments—convulsion, insulin coma, malaria and pre-frontal leucotomy—to a careful scrutiny.

It is evident that the text of the new publication has been extensively revised, and enlarged; and includes a completely new chapter on the treatment of alcoholic addiction, in which the techniques of emetine aversion and apomorphine are clearly and succinctly described. With the advance in knowledge of the functions of the frontal lobes of the brain, many different operative approaches have been made, apart from the standard Freeman and Watts' leucotomy. The newer procedures now being used are described, and their relative merits and disadvantages fairly discussed. The authors stress that, too often, consideration of leucotomy, modified or otherwise, is postponed until the patient's state becomes desperate.

Psychotherapy alone for the neuroses has always presented a problem for the practising psychiatrist, who cannot devote all his energies to a few, select patients. Even then such treatment is time-consuming and improvement slow. The use of excitatory abreaction, narco-analysis, acetylcholine and chlorpromazine speeds the general therapeutic attack. A state of mind is induced in the patient which renders him more susceptible to psychotherapy. The indications and limitations of these drug-aided techniques are clearly set forth. No unwarranted claims for their efficacy are made by the authors.

Nutritional disorders and vitamin deficiencies often follow in the train of psychiatric disorder, or primarily cause a change in the mental state. There is increasing recognition of the part that diet plays in the general physical treatment of the mentally ill. The writers point out that anorexia is commoner in mental hospitals than elsewhere, and it is important to maintain strict supervision of the feeding arrangements, as meals may be unappetisingly served due to mass-production methods.

Dr. Denis Hill's chapter on the treatment of the epilepsies maintains its high standard. A section on temporal lobe epilepsy has been added; and the very useful table of anti-convulsant drugs with dosage and indications has been brought up to date.

The new edition can be strongly recommended to all those interested in psychiatry. A. S. C.

**MEDICINE IN ITS HUMAN SETTING.** By A. E. Clark-Kennedy, M.D., F.R.C.P. (Pp. 276. 13s. 6d.) London: Faber & Faber, 1954.

THIS book consists of twenty-two short stories, each dealing with a particular disease or group of diseases, and, as the title states, the human setting is the framework for each chapter. The cases are described as part of the practice of a family doctor—the symptoms, the signs, the investigations, the progress of the disease and the treatment, all is very well done. It is just as it occurs in real life. There are numerous line-drawings, all of them very good.

This book should be of great value to medical students and practitioners, as it not only describes the illness, but is a constant reminder of the fact that, as doctors, we are called upon to treat not only the disease, but the patient.

R. P. S.